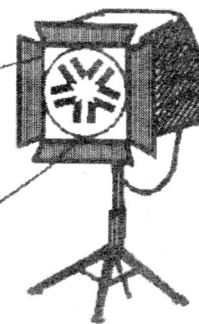


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XX, ISSUE 6

A newsletter for D.C. Seniors

June 2005

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Older Americans Month was celebrated in May. Some highlights of one of our many active events are included in this issue of "Spotlight."

The month of June brings warmer weather, summer fun and ongoing opportunities to eat better and move more.

Men's Health week will be celebrated June 13 to 19 and provides a great opportunity to urge every man in our life — including fathers, grandfathers, uncles, brothers, husbands and friends — to visit their doctors for a complete physical and regular check-ups. Early detection for medical problems offers the best chance for a cure.

Healthy lifestyles are important for persons of all ages and especially for mature adults. Eat a healthier diet with a daily mixture of fruits and vegetables, move more and exercise. All of these practices can keep you healthier.

Stay engaged socially, politically, spiritually and physically. Visit a center for seniors near you. Participate in activities, meet new friends, eat a nutritious meal, and take an exciting trip. All of these activities keep you moving and are available in our city. Call 202-724-5626 to find out how you can get involved with seniors at a senior site close to home.

Also attend the **BODYWISE Health Fair** on June 15 from 10 a.m. to 2 p.m. at the University of the District of Columbia, 4200 Connecticut Avenue, N.W., Building 47 Gymnasium. Sponsored by the Institute of Gerontology with the Office on Aging, Department of Health, IONA Senior Services and DC Parks and Recreation, the event will feature free health screenings, fitness demonstrations and information. For more information, call 202-274-6651.

Seniors: as you approach 75, you will be receiving a notice from the Department of Motor Vehicles letting you know that they are enforcing age-required eye tests, written tests and road tests for driver's license renewals. For more information, call 202-727-5000.

Happy Father's Day!

Men's Health Facts



Health Facts:

Men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. (BLS)

In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women. (CDC)

Prevention:

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (CDC 2001)

Cause & Rate ¹	Men	Women
Heart Disease	178.8	98.2
Cancer	153.8	108.8
Injuries	43.3	17.9
Stroke	28.5	24.6
AIDS	18.1	4.2
Suicide	18	4

Men as Victims of Homicide

The chance of being a homicide victim places African-American men at unusually high risk.

Chance of being a Homicide Victim*

1 in 30 for black males	1 in 179 for white males
1 in 132 for black females	1 in 495 for white females

* BJS DATA REPORT, 1989

Depression and Suicide¹

Depression in men is undiagnosed contributing to the fact that men are 4 x as likely to commit suicide.

- Among 15- to 19-year-olds, boys were 5 x as likely as girls to commit suicide.
- Among 20- to 24-year-olds, males were 7 x as likely to commit suicide as females
- The suicide rate for persons age 65 and above: men...38.4 — women...6.0.

Silent Health Crisis

There is a silent health crisis in America...it's that fact that, on average, American men live sicker and die younger than American women."

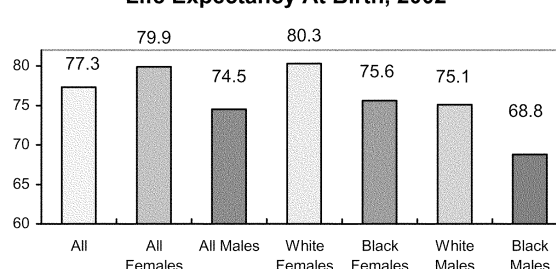
Dr. David Gremillion
Men's Health Network



Who is the Weaker Sex?

- 115 males are conceived for every 100 females.
- The male fetus is at greater risk of miscarriage and stillbirth.
- 25% more newborn males die than females.
- 3/5 of SIDS victims are boys.
- Men suffer hearing loss at 2x the rate of women.
- Testosterone is linked to elevations of LDL, the bad cholesterol, and declines in HDL, the good cholesterol.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- By the age of 100, women outnumber men eight to one. (NYT Magazine 3-16-03)

Life Expectancy At Birth, 2002²



To learn more, call:

Men's Health Network
P.O. Box 75972
Washington D.C. 20013

202.543.MHN.1 (6461) x 101

info@menshealthnetwork.org
www.menshealthnetwork.org

1 Centers for Disease Control and Prevention
2 National Vital Statistics Report, Vol. 53, No. 5, Deaths: Final Data for 2002, page 25

NATIONAL MEN'S HEALTH WEEK

NATIONAL MEN'S HEALTH WEEK

is celebrated each year as the week leading up to and including Father's Day

June 13-19

Men's Health Week was first recognized in the United States. The National Men's Health Week Act was passed by Congress in 1994 and signed into law by President Clinton, becoming Public Law 103-264 on May 31, 1994.

Goal of Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Recognizing and preventing men's health problems is not just a man's issue. "Because of its impact on wives, mothers, daughters and sisters, men's health is truly a family issue" (quote by then-Congressman Bill Richardson, one of the original cospon-

sors of National Men's Health Week).

Office on Aging Senior Service Network

1. As part of the celebration, the D.C. Office on Aging is asking our senior programs, particularly senior/nutrition centers, to devote some time that week to discussing senior men's health issues. Issues that adversely impact older men include prostate cancer, colon cancer, stress, suicide, diabetes, hypertension, heart disease and stroke.

2. In addition, take a senior male friend or relative for a visit to one or more of our senior wellness centers.

Model Cities Senior Wellness Center
1901 Evans St., N.E. / 202-635-1900

Washington Seniors Wellness Center
3001 Alabama Ave., S.E. / 202-581-9355

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr., Ave., S.E.
202-563-7225



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

41st Annual Senior Citizens' Day Celebrating Long-term Care and 30 Years of the Office on Aging



Deputy Mayor Neil O. Albert and Director E. Veronica Pace celebrate senior fitness through dance.



Seniors celebrate with exercise.



Willie B. Williams celebrating seniors with a welcome on behalf of John E. Melbane and the D.C. Senior Citizens Clearinghouse.



Celebrating seniors with prayer.



Chief Judge Rufus King celebrates seniors.

D.C. OFFICE ON AGING NEWSLETTER



Seniors celebrate with attire.



Seniors celebrate with Councilmember Vincent Orange.



Seniors celebrate with Jim Graham the promise of full funding for the construction of a wellness center in Ward 1.



Seniors celebrate with two points in reverse.



Seniors celebrate with Councilmember Kwame Brown.



Seniors celebrate the Armory Walk



Seniors celebrating with information.



Seniors celebrating with Chairman Booze.

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

June events

4th • 10 a.m. to 4 p.m.

The UPO Weekend Nutrition Program will hold its annual Fun Day Picnic at Fort Dupont Park. The park is located at Randal and Minnesota Avenues, S.E. For more information, contact Evelyn Minor at 202-610-5857.

7th • 2:30 to 3:30 p.m.

Attend the "Know Your Numbers" nutrition workshop with Dr. Linda Smith, RD, IONA Senior Service's nutritionist at 4125 Albemarle St., N.W. Learn more about these important numbers: cholesterol, blood pressure, blood glucose and body mass index. Register for this workshop for both seniors and caregivers by calling 202-966-1055.

8th

The D.C. Parks and Recreation Dept. and the Office on Aging present the annual senior picnic at Kenilworth Parkside. For more information, please call 202-282-0748.

9th • 11 a.m. to noon

IONA's Coping with Memory Loss support group meets two Thursdays a month at 4125 Albemarle St., N.W. The next meeting will be June 23. To register or for more information, call 202-895-9448.

11th • 12:30 p.m.

Hear first-hand about community action to combat crime in the city at a talk entitled "Hot Spot Seminar for Seniors." The 7th District Metropolitan Police Department will conduct the seminar. Call 202-610-5857 for more information.

13th • 11 a.m.

The Greater Washington Urban League will host a seminar on Medicare Fraud at the Oasis Senior Nutrition Center at 1226 Vermont Ave., N.W. For further information, please contact Vivian Grayton at 202-529-8701.

14th • 2:30 to 3:30 p.m.

Attend the "Super Nutrition for Summer" workshop with Dr. Linda Smith, RD, IONA's nutritionist at 4125 Albemarle St., N.W. Learn about the "super foods" that contain more vitamins and minerals. Register for this workshop for both seniors and caregivers by calling 202-966-1055.

16th • 11 a.m.

Come to a Father's Day Sports Talk Party at the Philip T. Johnson Senior Center, 3200 S St., S.E. Participants will talk about moments in their own sports history and share pictures, trophies and stories. A local sports personality will host the party. For more information, call 202-584-4431.

16th • 1 to 3 p.m.

Join IONA's Reminiscence Group to discuss classical music with IONA's Executive Director Joan Lewis. The group meets at 4125 Albemarle St., N.W. To register or for more information, call 202-895-9448.

16th • 6 to 7 p.m.

Learn about volunteer opportunities at IONA during a volunteer orientation. This program will provide an overview of IONA Senior Services, a look at the issues of aging and a description of volunteer opportunities. For information and to register, please call 202-895-9448.

17th • 11 a.m. to 1 p.m.

You are invited to participate in Project KEEN's Juneteenth celebration at Hughes Memorial United Methodist Church, 53rd and Ames Streets, N.E. The event includes singing, poetry, music, readings and bingo. For more information, call 202-388-4280.

23rd • 10 a.m. to 2 p.m.

The Greater Washington Urban League will provide kidney screening in partnership with the Kidney Foundation at the James Apartment Nutrition Center, 1425 N St., N.W. For further information, contact Vivian Grayton at 202-529-8701

25th noon to 3 p.m.

Attend the Sassy Sewing Seniors' luncheon and fashion show. The event includes entertainment and prizes and takes place at Emmanuel Baptist Church, 2409 Ainger Place, S.E. The donation is \$25. For more information, please contact Project KEEN at 202-388-4280.

26th • 2 p.m.

Witness the selection of Ms. Senior DC 2005 at the University of the District of Columbia, 4200 Connecticut Ave., N.W., Building 46. District women 60 years of age and older will be judged on a personal interview with the judges, their philosophy of life, and a talent and evening gown presentation. Tickets are \$12. Please call 202-289-1510, x170 for more information.

29th • 11 am

Go boating on the Potomac with a senior citizens boat ride on the Spirit of Washington, 6th and Water Streets, S.W. The luncheon cruise includes dancing and entertainment. Tickets are \$27. Call 202-282-0748 for more information.

Ongoing

Attention Ward 5 seniors, 60+ years old: If you have experienced an emergency situation that has caused you to fall 30 days delinquent with your rent, mortgage or utility payments, you may qualify for emergency assistance funds. Call Judy Hooks at 202- 529-8701

Saturdays and Sundays
• 10 a.m. to 3 p.m.

The United Planning Organization Weekend Nutrition program is recruiting members to join the program for a hot, nutritious lunch, a host of health-promotion activities, and recreational activities every Saturday and Sunday at 1649 Good Hope Rd., S.E. Call 202-610-5857 for more information.

DMV Changes for Seniors

Senior citizen retesting will take place for those over 75 (eye, written and road test). License renewal notices will be sent six months in advance.

Previously, requirements called for an eye and reaction test at each application beginning at age 70 and the written and road test beginning at age 75. However, normal 60-day renewal notices did not notify citizens of this requirement, which was laxly enforced.

This means if you are 75, you will receive a renewal notice six months before you have to renew your license, and you are required to take an eye test, written and a road test before your new license is issued. For more information, call 202-727-5000.

SPOTLIGHT ON AGING

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.
Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.
The Office on Aging is in partnership with the District of Columbia Recycling Program.

Aging in America: Effect on the Male-Female Ratio

The failure of men to become actively engaged in the health care system takes a toll at early ages, but the trend accelerates as men near retirement. It is expected that men will enter Medicare in poorer health than women, creating an unequal burden on the health care system. The effect of poor health habits, adverse socialization, and lack of access to health care is reflected in higher mortality among aging men and the male-female ratio in later years. This leaves older women more likely to live in poverty and alone, and to rely on public assistance.

The U.S. Administration on Aging has found that more than one-half the elderly widows now living in poverty were not poor before the death of their husbands. Other data reflect on the poor health of aging men and the effect it has on spouses and loved ones:

- Compared with men, older women are three times more likely to be living alone...are nearly twice as likely to reside in a nursing home, and are more than twice as likely to live in poverty. (U.S. Administration on Aging)
- Of the more than 9 million older persons living alone, 80% are women (Meeting the Needs of Older Women: A Diverse and Growing Population, The Many Faces of Aging, U.S. Administration on Aging)
- Since women live longer, and tend to marry men older than themselves, 7 out of 10 "baby boom" women will outlive their husbands – many can expect to be widows for 15 to 20 years. (Meeting the Needs of Older Women: A Diverse and Growing Population, The Many Faces of Aging, U.S. Administration on Aging)

More than one-half the elderly widows now living in poverty were not poor before the death of their husbands.

Meeting the Needs of Older Women: A Diverse and Growing Population, The Many Faces of Aging, U.S. Administration on Aging

- 115 males are conceived for every 100 females
- Male births outnumber female births, 105 to 100
- More newborn males die than females, 5 to 4
- Teenage boys die at 2x the rate of girls
- By age 100, women outnumber men 8 to 1

The Weaker Sex, New York Times Magazine, March 16, 2003

Fewer women living with partners in 2000 than in 1990¹

The increase in life expectancy over the past several decades has been dramatic, but life expectancy has been increasing at different rates for the genders, and we need to determine why. This difference in life expectancy increase has resulted in fewer women living with partners in 2000 than in 1990. Males outnumber females at birth 105 – 100, but by age 34, there are more women than men and this trend accelerates with age. By retirement, there are fewer than 80 men for every 100 women.